



VERMONT VETERANS' HOME

VOLUME 6, ISSUE 2

FEBRUARY 2015

The BUZZ WORD



Picture by: Mary Ryan

Always maintain a kind of summer even in the middle of winter.
—Henry David Thoreau

DONATIONS TO THE HOME



Art Charron and Charlie Boyle from the Bennington Elks present Melissa Jackson, CEO and Col. Al Faxon, COO with a donation for VVH's Skype program.



Donation made by the Vermont State VFW



The Greater Bennington USBC WBA Association Manager, Phyllis Cornell along with Colleen Gates and Linda Cassano present Melissa Jackson, CEO and Col. Al Faxon with a donation to VVH's Activity Department.

DONATION INFORMATION

Your donations are gratefully accepted. Please make check out to Vermont Veterans' Home:

**Vermont Veterans' Home
Business Office
325 North Street
Bennington, VT 05201**

Please indicate to which fund(s) you are donating:

Members Assistance:

Directly to Veterans/Members
Furniture
Haircuts
Clothing
Other personal needs

Namaste Program Fund:

Oils for relaxation
Supplies
Equipment

Unrestricted Fund:

Facility equipment
Large purchase

Activities Fund:

Entertainment

Music & Memory Fund:

iPods
Headphones
iTunes cards

THE BUZZ WORD

Three ways for you to receive the Vermont Veterans' Home monthly newsletter:

- ◆ Vermont Veterans' Home website:
www.vvh.vermont.gov
Click on About Our Home
Click on Newsletters
- ◆ Email
- ◆ Mailing List

Please contact:

The Buzz Word Editor
Vermont Veterans' Home
325 North Street
Bennington, VT 05201

(802) 447-6510

Email:

Barbara.Fitzgerald@state.vt.us



VERMONT VETERANS' HOME

Fulfilling the Promise

**325 North Street
Bennington, VT 05201**

The Vermont Veterans' Home was established in Bennington in 1884. It is governed by a Board of Trustees appointed by the Governor. The VVH offers a complete range of specialized care services for its residents. VVH goals focus on insuring the dignity, independence, and the highest possible care and quality of life for each resident.

VVH is licensed to meet all levels of care for its residents and the VVH's departments and staff work together to provide those levels of care.

For any Further Questions Please Contact:

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Chaplain's Corner...



Howdy Folks,

Praise the Lord!!! We've made it through a terrible period with the flu. Pray that we will make it through the next part of winter free of this awful sickness.

We are well into the Christian year with Advent and Christmas behind us and the season of Epiphany coming up. Epiphany is the Christian festival held in January to honor the coming of the Kings to the infant Jesus. The Epiphany season extends to Ash Wednesday which comes 40 days before Easter (not counting Sundays) and ends on the Saturday before Easter Sunday.

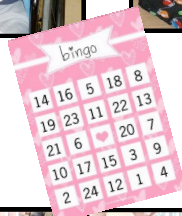
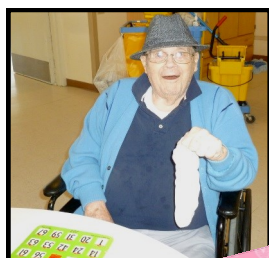
The Easter season, also known as the Great Fifty Days, crowns the Christian year. It starts with Easter and includes the 7 following Sundays through the day of Pentecost. This 7th day of Easter is observed as Ascension Sunday and it on this day the risen Christ reveals the gift of the Holy Spirit. The season of Pentecost contains all the Sundays up to the first day of Advent. (29 Nov 2015).

Our Jewish friends will be celebrating several religious holidays, such as Hanukkah, Passover, Rosh Hashanah, and Yom Kippur in the months to come.

On Thursday, February 5, 2015 at 3:00 pm, we will conduct a memorial service for the Four Chaplains. The Four Chaplains (George Fox, Alexander Goode, Clark Poling, and John Washington) went down with the ship Dorchester when it was torpedoed by a German submarine on February 3, 1943. These four Chaplains, representing the Jewish, Methodist, Reformed and Catholic religions, gave up their life jackets, coats and gloves to save other soldiers. Members of the staff will participate in the memorial. Note: Our own Chapel here at the Vermont Veterans' Home was named for these four Chaplains. Hope you will plan to attend this memorial service and learn more about these four Chaplains.

Please pray for our troops serving around the globe.

Gods Blessings,
Chaplain Ken



BINGO FOR SOCKS



Donations

On behalf of the Veterans/Members, we sincerely thank the following for their generous donations.

Rob & Maggie Sperber
Katherine King
Monument Elementary
Randall Bates
Gary Bronson
Mr. & Mrs. Gregory Maguire
Barbara Meerwarth
Art & Donna Barrire
Gail Beauregard
Coral Jones
Lydia Baietti Carollo
Linda Moxley
C. Thompson
John Davis
Grace Kobelia
Mariam Reutter
Edna Prouty
Liz & Bruce Putnam
Constance Radziejewski
Lynne & Anthony Mango
Mary Mollica
Carol Perkins
Linda Martin
Sarah Davenport
Molly Stark School
Red Mountain Chapter #41 OES

Brattleboro DAR
The Pharmacy, INC.
Pownal American Legion
Phyllis M. Roberts
VFW Post 1332
American Legion Post #12
American Legion Post #9
American Legion Auxiliary #69
VFW Post 1332 Ladies Auxiliary
Betty White—DKG-ETA Chapter
American Legion
American Legion Pownal PO 90 Riders
AL Green Mountain Post #1 Al Riders
A L Auxiliary Dept of VT District 5
American Legion Montpelier Post 3 Inc
Jeffery S Holmes Post 84
Bennington Lions Club
Charles P. Daprato Ladie Auxiliary
In memory of James Morrison
William & Lauren Gritsavage
Linda E. Ransom
In memory of Harold Snyder
John Snyder & Darlene Walsh
In memory of James Carley
Helen & Ernest Oest

BEREAVEMENT SUPPORT GROUP

Tuesdays at 2:30 pm

Located in the Chapel at the Vermont Veterans' Home

For adults living with loss due to a death. Find comfort, coping skills and support Confidentiality is always respected. No fee to attend this group.

CAREGIVERS SUPPORT GROUP

Tuesday, February 17, 2015 at 1:00-2:00

A. Luke Crispe Room

If you have questions, please contact: Bill MacMillan at 802-447-6524

ALS SUPPORT GROUP

February 26, 2015 at 1:00-3:00

Namaste Room on American Way

Meetings are held every fourth Thursday of the month.

Please contact Christina Cosgrove, 802-447-2792, for more information.

From the Administrator...
Melissa Jackson

Dear Family and Friends,

We all know just how much our Veterans and Members enjoy receiving visitors from the community. Unfortunately, this time of year these visits have the potential to do more harm than good. Just like other healthcare facilities in the State, we have had an outbreak of the flu and a GI bug. During these outbreaks we attempt to limit the spread of illness by closing dining rooms, not hold group activities, keeping staff and Veterans/Members on their neighborhoods and requesting that you hold off on your visit until the outbreak is over.

If you decide to visit, we ask that you go straight to your loved one's room and not walk about the facility or neighborhood. Please use the hand sanitizer that is available in every resident room and at various points throughout the neighborhoods.

We ask that you refrain from visiting if you have the cold, flu, or GI symptoms. In this age of modern technology we can arrange for a Skype or Facetime visit with your loved one. This way you both can visit while keeping each other healthy. Requests for Skype or Facetime visits can be arranged through your loved one's Social Worker. The facility has Skype/Facetime carts that we can wheel right to your loved one's room, all we need from you is your Skype or Facetime user name. We can set up a mutually convenient time and staff can assist with your loved one with starting your video chat.

Sincerely,

Melissa A. Jackson
BSW, LNHA
CEO/Administrator



WORKSTART PROGRAM



Standing, L to R— Karen Wood, Johnathon Caron, Dustin Russell, Corey Martin, Gary LaPlant
Sitting, L to R— Patrick Liehr, Stephanie Corey, Holly McClay, Karen Walsh, Shanta Ghosh

The students in the WorkStart program have the opportunity to learn, first-hand and supervised, what it is like to work at a job, as well as learning about their job abilities and preferences. The various placements at the Veterans' Home have included: Housekeeping; Kitchen/Dietary prep, serving, cleanup; Laundry; Business Office; Wing (Supply) Clerk; Maintenance; Custodial; Activities; and Activity Room Host. With improved employability skills, a number of students have gone on to be hired at the Vermont Veterans' Home, or at other businesses in Bennington.



*From Deputy Administrator...
Colonel Al Faxon*



Winter is here....by the time you read this we will have had a significant dump of snow and a considerable amount of bitterly cold weather. Thus I want to open by saying when you venture outside, **please remember to keep warm and maintain your body heat... Wear the proper clothing.....**

Several of our Veterans here at VVH are fellow cold weather warriors....and we all know those that fought in the Korean War intimately know the effects of this weather on both people and equipment in combat; as do many of our WW II European Theater Warriors.

Cold is unforgiving, in the military you must plan, prepare, and trainthere is nothing more miserable than being caught short because of poor training or planning.

Our equipment has improved drastically the last twenty or so years. The invention of Gore-Tex was probably the single most important development to improve cold weather sustainability and comfort. Being waterproof as compared to the wool and cotton I began my Marine Corps career with, has totally enhanced comfort and survivability in extreme conditions. Improvements with the layering system of clothing and boots are almost as impressive.

I can tell you...not even the new clothing helped in this picture

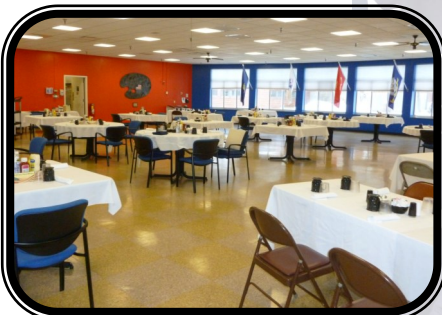
Again, please remember to dress for the weather when you go out!

(I bet Niles has his shorts on today!)

S/F
AF



Patriot Hall Face Lift



Before



After



Travels With Steve

The last two months we visited the Normandy coast of France. This month, since we are in the middle of winter, let's go to someplace that is warm and sunny all year long. Cayman Islands, here we come!!

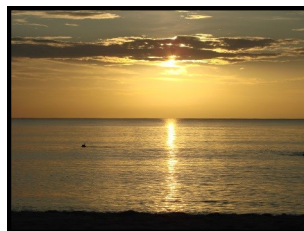


The Cayman Islands are three small islands located in the Caribbean below Cuba. It takes about 7 hours to get there by plane and once you are there, you are in paradise. As a territory of the British Empire, there are no taxes and it is an international haven for offshore investment accounts. The main island, Grand Cayman is about 22 miles long and 8 miles wide. The main airport has a single runway for jets and they use every single foot of it. When the runway ends there is about 30 feet before the ocean begins. Pilots have to be excellent at landing their planes. As you exit the plane the warm air and breeze hit your face and you hear Caribbean music playing to welcome you to Cayman.

Besides being an investment haven, the Islands are well renowned for its scuba diving habitats. From one section of the shore, you walk out 50 feet into the water and it drops down to 400 feet. I have seen barracudas, angel fish, cuttlefish and all sorts of undersea creatures. However, the most exciting adventure to do is to swim with the stingrays. Yes, stingrays! The charter boat takes you out about two miles into the clear ocean and these huge creatures come out of nowhere looking to be fed. The water is only about 3 feet deep and at first it is scary, but after a while, you get comfortable enough to hold one. Since they are fish, it is recommended that you keep their gills under water at all times. The top of them is rough like sandpaper while their bottoms are as smooth as a baby's butt.



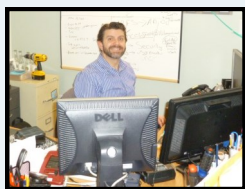
The other parts of visiting the Cayman Islands are their sunsets and food. Before going out for dinner, you relax in the 85 degree water watching the sunset over the horizon. I have spent on more than one occasion more than 8 hours in the water, spending enough time outside of it for lunch and to use the facilities. After you are water logged, it is time for dinner. There is a great Italian restaurant right on the ocean called Casanovas. Their fresh seafood is fantastic and to add ambiance to the night, there is a harp player who comes around serenading you quietly as you enjoy the food and view. Granted it is expensive to eat there but for one night we dine like kings and queens! A nice cannoli with Limoncello or Sambuca for dessert ends dinner. Walking back to the hotel and then relaxing on the beach while listening the melodic tune of the ocean waves, caps off the evening. It is extremely difficult to leave the beach at 11 pm, but we do. The following day is much of the same – beach, lunch, drink, beach, drink, dinner, drink and beach.



It gets really boring after 7 days, but someone has to do it and it might as well be me!

Pictures by: Steve McClafferty

Saying Farewell



John Bibens, VVH's IT specialist, has started another chapter in his book. He will be greatly missed. You could always count on him to get us out of our computer jams. We send lots of luck his way.



John and Karen Divis



The business office crew showing the exit to John.

The Eagle Has Landed



Our visitor has been spotted again in the trees by Charron Pond located on VVH's campus. You can see him watching over the trout.

Walking—The Best Exercise

Walking can be one of the best exercises out there. It's a gentle, low impact form of exercise that's easy, free and suitable for people of all ages, shapes and sizes. Walking is known to:

- Strengthen the heart
- Lower disease risk
- Help maintain weight or with increase walking it can help you lose weight.
- Help tone the whole body.
- Strengthen bones
- Increase energy
- Help release the "happy" endorphins in to the bloodstream.

As you can see, there are many benefits given when one gets up and walks. Grab a step counting pedometer and watch how many steps you take in a day. The average healthy person should be walking 10,000 steps (equal to 5 miles) a day. How many steps do you walk a day? Can you increase them?

Have trouble walking—no problem, just move what you can. Have someone take you for a walk in your wheelchair to change your environment. Any type of movement is better than no movement at all. You will be happy with the benefits. Now, let's move!

—Barb Fitzgerald



Valentine's Day Dance



Featuring Cat Bird Trio
February 15, 2015 @ 1:30 PM
Located in Patriot Hall

**Come join us and dance the afternoon away!
Open to all!**



Upcoming 2015 Event Days

40th Army Band Ensemble
VVA Flag Ceremony
Elk's Dinner
Mother's Day Tea
National Nursing Home Week
Memorial Day
Father's Day Car Show
Fishing Derby
Band Concert
VFW Picnic

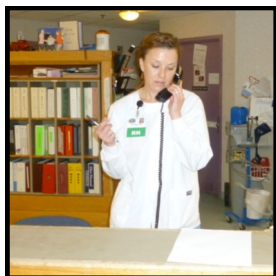
Employees Hard At Work



Melissa Walsh



Steven Smith



Toni Peters



Kim Harrington

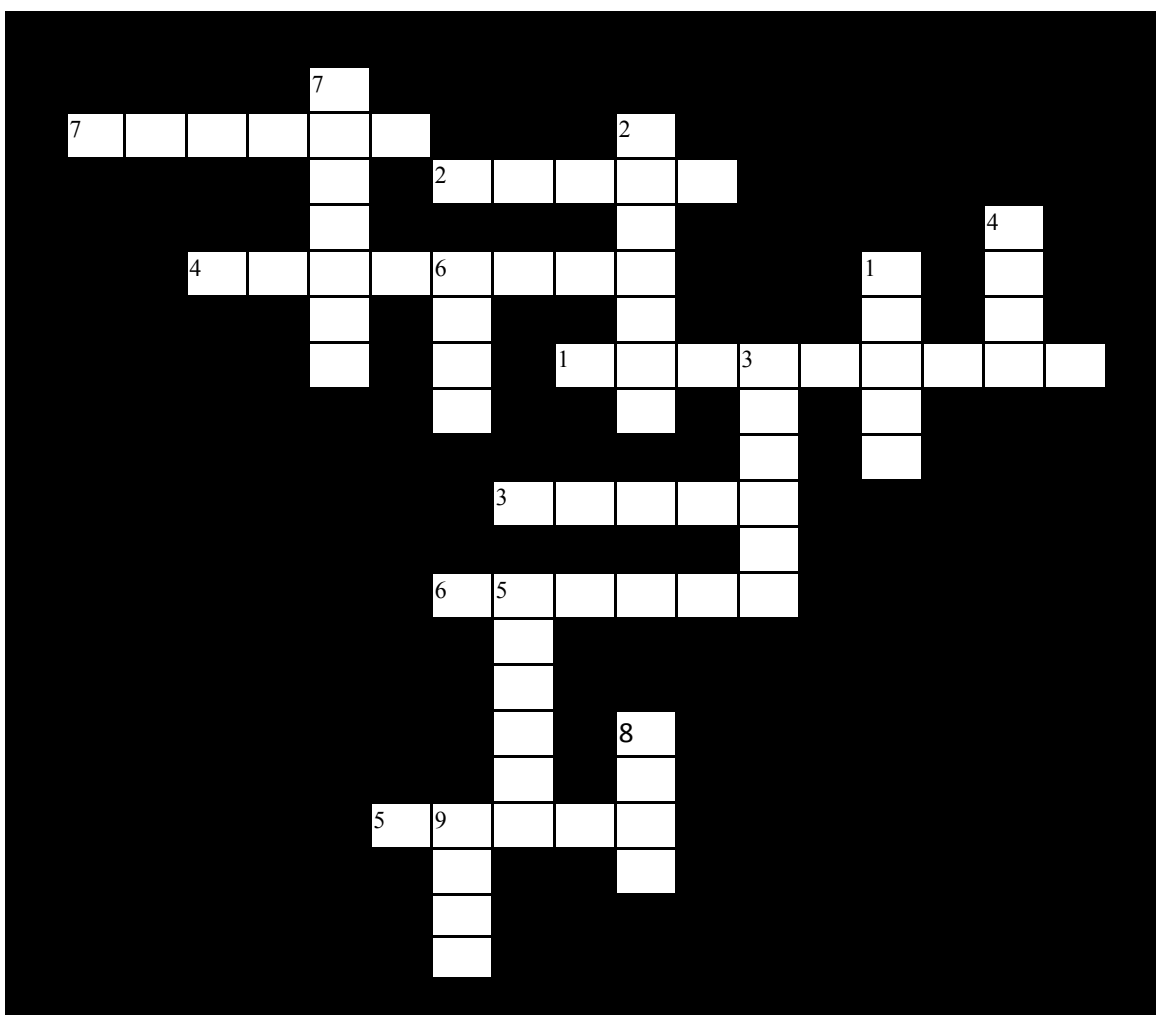
VALOR presents:

The Battle of Bennington
By: John Miles

Saturday, February 21, 2015
2:00 PM
located in the Crispe Room
open to the community



A MIX OF THINGS



Across

1. Vermont state flower
2. worse than bad
3. person who digs hard rock
4. mystery show _____ Holmes
5. patriotic bird
6. Red Sox stadium
7. extreme fright

Down

1. snow cleaning vehicles
2. Space saving sleeper
3. "With a _____ on top."
4. 10,000 steps equals _____ miles
5. Yuletide beverage
6. "crazy" bird
7. Undersea weapon
8. Cream filled cookie
9. ____-inflammatory
10. _____



Answers on next page



SMILE!!



Tree at my Window

By: Robert Frost

Tree at my window, window tree,
My sash is lowered when night comes on;
But Let there never be curtain drawn
Between you and me.

Vague dream-head lifted out of the ground,
And thing next most diffuse to cloud,
Not all your light tongues talking aloud
Could be profound.

But tree, I have seen you taken and tossed,
And if you have seen me when I slept,
You have seen me when I was taken and swept
And all but lost.

That day she put our heads together,
Fate had her imagination about her,
Your head so much concerned with outer,
Mine with inner, weather.



JUST FOR LAUGHS....

Jeep in the mud

During training exercises, the lieutenant who was driving down a muddy back road encountered another car stuck in the mud with a red-faced colonel at the wheel. "Your jeep stuck, sir?" asked the lieutenant as he pulled alongside. "Nope," replied the colonel, coming over and handing him the keys, "Yours is!"



Across: 1. redclover 2. awful 3. miner 4. Sherlock 5. eagle 6. fenway 7. terror Down: 1. plows 2. bunkbed 3. cherry 4. five 5. eggnog 6. loon 7. torpedo 8. oreo 9. anti